

SUICIDE IS PREVENTABLE YOU CAN SAVE A LIFE

1 Lock Up

Simply adding a gun lock to a firearm or storing medications in a locked space can prevent suicide by firearm or drug overdose.



2 Limit Access

Dispose of expired or excess medications appropriately. Limit the amount of prescription medications on hand, and keep them in a secure place.



3 Know What to Do

In a crisis, follow the **ACE** guidelines. **A**sk if they are thinking of killing themselves, **C**are for them by staying with them, **E**scort them to SIO, Chain of Command, or Director of Psychological Health as soon as possible.

Idaho Crisis & Suicide Prevention Hotline (text/call): 208-398-4357
In the event of a critical emergency, call 911

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